

# HearingLife

## Enjoy a healthy treat this month!



### Desserts

## Banging Banana Mug Cake

Prep Time: 3 min.

Cook Time: 3 min.

Yields: 1 serving

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### INGREDIENTS

1 ripe banana

1 egg

1 tbsp butter

4 tbsp flour

1 tsp maple syrup (or honey or sugar)

2 tbsp milk (any kind works)

½ tsp baking powder

Salt to taste

1 large microwave-safe mug

### TOPPING IDEAS

*(optional – it's also great on its own!)*

1 tbsp of your favorite topping:

- raisins
- hazelnut spread
- peanut butter
- walnuts
- almonds
- coconut shavings
- grated dark chocolate

### DIRECTIONS

1. Slice the banana.
2. Using a bowl or large mug, melt the butter in the microwave for about 20 seconds.
3. Then add the egg, sliced banana, flour, maple syrup, milk, baking powder and salt to taste.
4. Give it a good whisk with a fork, hand blender or food processor. Make sure the banana gets crushed.
5. Pop the mug or bowl into the microwave for 1 minute 30 seconds, using a 1000 watt microwave (adjust as appropriate for your microwave).
6. Take it out, turn it around and give it another 1 minute blast.
7. Use none, some or all of the toppings and enjoy!